



WINNER OF FOUR NATIVE AMERICAN JOURNALISTS ASSOCIATION AWARDS INCLUDING GENERAL EXCELLENCE IN 2011

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# Newton elected 14th Southern Ute chairman

## GoodTracks, Torres to join council

By Ace Stryker  
The Southern Ute Drum

Jimmy R. Newton Jr. is the Southern Ute Indian Tribe's new chairman.

Newton was sworn in on Thursday, Dec. 15 in the Sky Ute Casino Resort's Events Center, succeeding Pearl E. Casias. Joining him on the council are Pathimi GoodTracks and Aaron Torres, who take the places of Alex Cloud and Marge Borst.

And just like that, more than half of the tribe's governing body has turned over in the past six weeks. Howard D. Richards Sr. was elected on Tuesday, Nov. 1 to fill Newton's unexpired term.

"I think we can do a lot working together," Newton said of the council. "It's not the chairman that is going to lead us to our future, but it is all of us together."

In his first speech to the membership, Newton thanked his predecessors on the council, the

tribe's elders and veterans, and everyone else who contributes to the tribe as a whole.

He said he was honored to run for election against Casias.

"It was a very exciting opportunity to run against someone with a lot of history and experience," he said. "I am just a simple man with a simple plan to serve the tribal membership."

Following a precedent set by Chairman Matthew J. Box in 2008, Newton announced he would appoint two executive officers: Steve R. Herrera Sr. and Amy Barry. He said he was looking for someone with "compassion for the people" and ultimately decided on two.

"This job is a very big job," he said. "I would like the tribal membership to support the decision I have made."

Newton said he hasn't decided on a vice chairman yet and will



photo Jeremy Wade Shockley/SU DRUM

New Southern Ute Indian Tribal Council members (left to right) Pathimi GoodTracks, Chairman Jimmy R. Newton Jr., and Aaron V. Torres greet the tribal membership wrapped in Pendleton blankets given to them by Ute Mountain Ute Chairman Gary Hayes.

Council page 16



photo Jeremy Wade Shockley/SU DRUM

Southern Ute Indian Tribal Council member James M. Olguin and Ute Mountain Ute Vice Chairman Bradley Hight wrap a Pendleton blanket around outgoing Chairman Pearl E. Casias during a farewell reception in the Leonard C. Burch Building's Hall of Warriors on Monday, Dec. 5. The reception also honored council members Alex Cloud and Marge Borst and Executive Officer Andrew C. Frost.

## Selling cookies to save eagles



photo Jeremy Wade Shockley/SU DRUM

Freedom Hunter, a student at the Southern Ute Montessori Academy, helps raise money during the school's annual bake sale in the Leonard C. Burch Building's Hall of Warriors on Thursday, Dec. 8. Each year, the six-year students determine a legacy project for themselves. The students wanted to support six bald eagles this year as a reflection of their school's new mascot. Proceeds from the bake sale went to support the preservation of bald eagle habitats through the National Wildlife Federation. Fundraising will be achieved through various projects and ongoing student collaboration. "Save the Eagles" was initiated and organized by the students themselves as a legacy they intend to leave behind once they transition.

## Tribe, staff bid farewell to outgoing council members

By Ace Stryker  
The Southern Ute Drum

The Southern Ute Indian Tribe hosted a farewell reception on Monday, Dec. 5 for outgoing Chairman Pearl E. Casias and Tribal Council members Alex Cloud and Marge Borst in the Leonard C. Burch Building's Hall of Warriors.

Also honored was Executive Officer Andrew C. Frost, an appointee of Casias' who vacated his office at the same time as the chairman per tribal law. He was quickly called back to work, though, as Acting Chairman James M. Olguin invited him to stay on as acting executive officer until the Dec. 14 elections.

Emotion could be heard in Casias' voice as she thanked the tribal members and staffers present for their support.

"I've enjoyed my eight months," she said. "It was hard work, but I know the tribe is going to benefit from our endeavors."

She urged the remaining council members to keep up the fight to preserve the tribe's sovereignty and protect its natural resources.

"We have become warriors in

**"We're here for the membership. Always remember that. We [do] it for the membership so that the tribe stays strong."**

**— Alex Cloud, former council member**

the halls of Congress," she said. "Thank you all for everything. Thank you for your support. Thank you for welcoming me back in April."

Cloud began his farewell address by thanking the staff for their work and reminding them that it's the tribal membership they serve.

"We're here for the membership. Always remember that," he said. "We [do] it for the member-

ship so that the tribe stays strong."

Borst called her time in office a "really, really enjoyable time."

"What I've learned in these three years is that our membership is vitally important, from our babies to our elders," she said.

Her last message echoed what she has said in the Council Chambers many times: Health is the most important thing. She closed by saying she doesn't know what comes next — maybe gardening, maybe a return to her roots in radio work — but it's bound to be an exciting journey.

Each of the three outgoing council members was presented with a Pendleton blanket.

Frost thanked Casias for allowing him to "complete my journey" after his appointment to the executive office under then-chairman Matthew J. Box abruptly ended. He joked that accepting the job was awkward at first, because Frost had to tell her he didn't vote for her. But it worked out in the end, he said.

"It was probably one of the best decisions I ever made," he said. "It's been a great trip — one I'll always remember, always cherish."

## SunUte: A decade of healing



photo Jeremy Wade Shockley/SU DRUM

Southern Ute tribal elder Byron Frost was among those honored during the 10-year anniversary celebration at the SunUte Community Center on Saturday, Dec. 3. Frost and his son, Brian Frost, were credited with the early conception of the recreation facility as a healthy place for tribal members to workout. Reflecting on his own ideas early in the process, Frost said the center was conceived as a healing area, a place to "heal mind, body and soul." Former Southern Ute Indian Tribal Council member and vice chairman Vida Peabody commended the Frosts, saying she admires them for never giving up on the idea. Opening ceremonies were followed by activities, photographs with Santa, and refreshments throughout the day.



## News in brief

### IGNACIO

#### Tribal elders’ get-together set for Dec. 21

There will be a Tribal elders’ get-together on Dec. 21 at the Multi-Purpose Facility. The Sky Ute Casino Resort staff and the Southern Ute Health Department have been invited to come and give an update. The meeting will run from 10 a.m. to 4:30 p.m. Lunch will be catered by the casino. If you’d like to take part in the Christmas gift exchange, you are more than welcome to join, but it is not mandatory. If you need a ride, please call Elder Services at 970-563-0156. Organizer Dixie Naranjo would like to thank the Southern Ute Tribal Council and Southern Ute Growth Fund for their help in funding the luncheon, and the Growth Fund and casino for providing the door prizes for the last meeting. Thanks to the tribal departments and Tom Duran and his staff for the great update.

#### SunUte to host senior breakfasts

SunUte Community Center will host senior breakfasts on Dec. 16 and 30 from 9 to 10:30 a.m. for all senior citizens 55 years and older. Southern Ute tribal members eat free. For more information, call SunUte at 970-563-0214.

#### Justice & Regulatory seeks name for new building

The Southern Ute Department of Justice & Regulatory is seeking the assistance of the tribal membership in the naming of the new J&R building, formerly the Youth Treatment Center. This building will house the Tribal Employment Rights Office (TERO), the Environmental Programs Division, and the Tribal Rangers and Animal Control. Please submit your suggestions by Jan. 18, 2012, to the Department of Justice & Regulatory at P.O. Box 737, Ignacio, CO 81137 or by calling Misty Wilson at 970-563-0292. The final selection will be made by the Southern Ute Tribal Council.

#### SunUte assumes oversight of chapel

Due to recent Executive Office approval, the SunUte Community Center is the contact department to reserve the Southern Ute Multi-Purpose Facility and the Southern Ute Memorial Chapel. The main contact for reservation is the Multi-Purpose Facility staff at 970-563-4784 or 970-563-0100 ext. 2640 or 2641. Please direct all reservations for either facility to the noted numbers. After hours, you will be directed to the SunUte facility staff for reservations at 970-563-0241. For the upcoming tribal holidays, the facility and chapel will be open during scheduled events. Thank you for your cooperation during this transition period.

#### Free bison meat available to tribal members

The Southern Ute Indian Tribe’s Division of Wildlife Resource Management maintains a small herd of bison for the Tribe’s ceremonial, cultural and dietary needs. As a service to the tribal membership, the division makes available bison meat to enrolled Southern Ute tribal members free of charge. Tribal bison are grass-fed at low herd density and are free of artificial hormones and other synthetic chemicals. Bison meat is naturally low in cholesterol and an excellent, healthy alternative to beef. If you are an enrolled Southern Ute tribal member interested in obtaining bison meat for personal use, call the Division of Wildlife at 970-563-0130. Quantities and cuts of meat available may be limited.

#### SUPD offering reward for stolen guns

The Southern Ute Police Department is offering up to a \$1,000 reward for the return of two stolen firearms or information that leads to the arrest of the person(s) responsible for the theft. The first is a German drilling gun, which is a triple-barrel rifle and shotgun combination with two side-by-side 16-gauge barrels and a single 8x57R rifle barrel. The second is a .38 Special snub nose revolver. The firearms were stolen during a burglary of a residence on the Southern Ute Indian Reservation sometime between May 27 and June 11. If you have any information, please call Detective Luke Austin of the Southern Ute Police Department Investigations Bureau at 970-563-4942.

#### Thought of being a member of Tribal Council?

Attention tribal members ages 13 to 19 years of age: Are you concerned about issues facing tribal youth? Committed to make a difference in our community that will have a positive impact on the tribal youth? Then the Sunshine Cloud Smith Youth Advisory Council may be for you. Become a leader, role model and voice for the tribal youth. For more information, contact McKean Walton at 970-563-0100 ext. 2314. Sponsored by the Southern Ute Tribal Council.

### DURANGO

#### Information sessions for adult learners

Are you ready to earn your bachelor’s degree? Learn how at free informational sessions from Fort Lewis College. Sessions will cover opportunities for adult learners at FLC and explain how to enroll and apply for financial aid. Sessions are free and open to the public, and will be held every Wednesday at the Durango Public Library from 6 to 7 p.m. in Program Room 3. For more information, call 970-247-7670.

## Many Moons Ago



photo archives/SU DRUM

## 10 Years Ago

Southern Ute Indian Tribal Council members Dewitte Baker, Mike Olguin, Pearl Casias, Vida Peabody and Melvin Baker, with Tribal Chairman Leonard C. Burch (with microphone) and Southern Ute Royalty members Daisy Frost, Lindsay Box and Katrina Naranjo, addressed the crowd gathered for the opening-day ceremonies of the SunUte Community Center.

This photo first appeared in the Dec. 14, 2001, edition of The Southern Ute Drum.



photo archives/SU DRUM

## 20 Years Ago

Several young Southern Utes attended the 1991 American Indian Youth Conference in Albuquerque, N.M., on Nov. 30, 1991. Young Indians from many tribes met to discuss substance abuse, violence and other issues.

This photo first appeared in the Dec. 18, 1991, edition of The Southern Ute Drum.



photo archives/SU DRUM

## 30 Years Ago

A group of Ignacio school students sang Christmas carols for Southern Ute staff members at the Tribal Affairs Building.

This photo first appeared in the Dec. 18, 1981, edition of The Southern Ute Drum.

## Home Owner Responsibilities Winter Weather

Winter is upon us, and soon the snow will be falling. We would like to remind homeowners of your responsibilities to assist in the snow removal process.

- Please identify the areas that need to be cleared of snow
- Please inform drivers of any items in your yard such as utilities—electrical meter boxes, phone boxes, water meters, sewer cleanouts
- Please pick up or personal or valuable items PRIOR TO large amounts of snow fall to insure the snow removal crews do not damage them
- Please keep all road accesses that require snow removal clear so that the crews can get in and out in a timely manner

### \*Tribal Members on Oxygen\*

Contact your oxygen provider. Ask them to provide oxygen canisters that do not require electricity to use in case of a power outage!!

#### Snow removal priority list

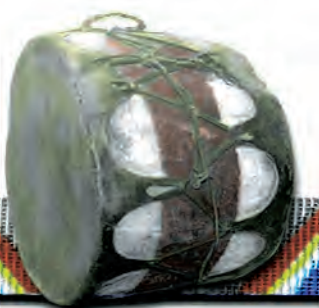
1. Dialysis patients.
2. Tribal elders and physically challenged tribal members.
3. All other tribal home owners.

Please keep this priority list in mind when a storm hits. The snow removal crews will get to you in the order listed.

#### Important contact numbers

SUPD: 970-563-4401  
Tribal Housing Dept.: 970-563-4710  
Const. Service/Wood Yard: 970-563-0260

Motorpool: 970-563-0280  
SUIHA: 970-563-4575  
Custom Farms: 970-563-0220  
Grounds maintenance: 970-563-0272



Ute story time



photo Ace Stryker/SU DRUM

Southern Ute tribal elder Lynda Grove-D'Wolf met with Ute language students in the Leonard C. Burch Building on Thursday, Dec. 1 to share movies that tell stories in Ute with English subtitles. One such story was the Hansel and Gretel-like tale of a young man who is abducted by a witch who plans to eat him. At the last moment he pushes the witch into her own fireplace and she dissolves into mosquitos — the origin tale of the famous blood-sucking bug.

Giving thanks in Ft. Duchesne



Southern Ute Royalty members and veterans headed north Nov. 24 – 26 to join members of their sister tribe, the Northern Utes, in the annual Thanksgiving Powwow in Ft. Duchesne, Utah. Royalty members (top) present themselves in full regalia; Southern Ute Veterans Association Commander Howard D. Richards Sr. (middle) presents a flag alongside fellow veterans; Miss Southern Ute Brianna Goodtracks-Alires (below) greets visitors to the powwow.

photos Tom Alires/Special to the Drum

In with the new



A new bison mount (background) hangs in the Leonard C. Burch Building's Hall of Warriors on Wednesday, Dec. 15, while the old one looks on.

photo Ace Stryker/SU DRUM

Powwow Trails

Christmas Powwow  
December 17

Dulce Community Center • Dulce, NM  
Contact: Eldina Peseta  
Phone: 575-759-4313 or 575-209-1417  
Web: www.nmpws.com

13th NCI New Year's Eve Sobriety Powwow  
December 31 – January 1

680 S. Boardman Ave. • Gallup, NM  
Contact: NCI  
Phone: 505-722-2177

8th Annual New Years Eve Powwow  
December 31

120 W. 1300s • Salt Lake City, UT  
Contact: Mitchell Eriacho  
Phone: 801-706-8522  
Email: meriach4@yahoo.com

11th New Years Eve Sobriety Powwow  
December 31

100 Civic Center • Tulsa, OK  
Contact: Niles Bosin  
Phone: 918-639-1816  
Email: choctaw1865@yahoo.com

Comanche Little Pony New Year's Eve Powwow  
December 31

Comanche Complex Exit 45 I-44 • Lawton, OK  
Contact: Lowell Nibbs  
Phone: 580-583-5279  
Email: lowellnibbs@yahoo.com

Ute Language

àtümaikH - praise  
tog'oi'itü - righteousness  
nuumarog'umapüg'atü - Creator



Editor's note: The Ute Language and translation are transcribed from the 2011 Ute Dictionary, ©1996.



The Southern Ute  
Royalty Committee presents:



Powwow Etiquette  
& Protocol

Women's Session  
Dec. 20  
Multi-Purpose Facility  
5:30 p.m. to 8:30 p.m.

Men's Session  
Dec. 22  
Multi-Purpose Facility  
5:30 p.m. to 8:30 p.m.

Jingle Dance, Northern & Southern Traditional Dance, Fancy Dance, Drum Protocol, Regalia Care & Proper Storage, Royalty Protocol

Northern & Southern Traditional Dance, Gourd Dance, Fancy Dance, Drum Protocol, Regalia Care & Proper Storage, Royalty Protocol

For more information please contact Amy Barry in the LCB Building, (second floor) or email at abarry@southern-ute.nsn.us or by phone 970-563-0119.



**Bobcats of the Month**



photos courtesy Ignacio Elementary School

These Ignacio Elementary School students were honored as Bobcats of the Month for December for their helpfulness, attitude in class and willingness to learn: Houston Cunningham, Perla Gonzalez, Elliot Hendren, Kessley Tallbird, Mia Tallbird and Eufemia Pardo.

**Education update**

**January classes for tribal members**

**Scrapbooking:** Saturday, Jan. 14, 9 a.m. – 4 p.m. in the Higher Education Classroom. Participants will use paper crafting, stamping, stickers for scrap booking. Bring pictures, mementos, souvenirs, concert tickets etc. Contact Luana Herrera at Higher Education 970-563-0237 to sign up for either or all classes.

**Education announces GED test dates**

The Department of Education would like to announce the GED test dates for the upcoming months: The January test date has been moved to Jan. 13, Feb. 3 and March 2. The test is held at the Education Building on Burns Ave. Registration and payments are due by Tuesday before the test. Scholarships are available for Native Americans who live within 50 miles of the service area, spend 12 hours in class, score a 450 on practice tests and submit paperwork two weeks in advance. For more information, call Pine River Community Learning Center at 970-563-0681 or Donna Broad at 970-563-0237 or 970-749-1953.

**Ignacio High School**

*First quarter honor roll*

SENIORS		SOPHOMORE	
4.0	Carly Barborinas	4.0	Jeannie Grossardt
	Layla Hessler		Kelton Richmond
	Shane Richmond		Jayce Stricherz
	Zachary White	3.8	Justin Carver
3.7	Brittney Benavidez		Shannon Mestas
	Kelsey Frost	3.7	Malli Benavidez
	Dusty Mangus		Clayton Jefferson
	Abeth Okall	3.6	Christian Knoll
3.6	Colton Wyatt		Cloe Seibel
3.5	Teagan Overturf	3.5	Cheyenne Cook
	Alex Pena		Jasmine Red
	Shawnara Troup		Raelynn Torres
3.2	Kashina Perry	3.3	Akasia Oberly
	Matthew Peterson-Silva	3.2	Jacob Candelaria
	Christian Rockwell		Fabian Martinez
3.0	Deeana Cruz	3.1	Kerestine Hall
	Rylie Jefferson	3.0	David Baca
	Jesse Vigil		John House
			Samuel Mestas
JUNIORS		FRESHMAN	
3.8	Kayla Knipp	4.0	Tyler Riepel
3.7	Sally Niggli	3.7	David Cooper
	Kiersten Raby	3.6	Dynesha Drake
	Christopher Russell		Adison Jones
	David Storey		Alicia Naranjo
	William Taylor		Alexis Tyner
	Amanda Witcher		James Ballew
3.6	Breana Talamante-Benavidez	3.3	Marillee Cotton
3.5	Mary Kate Adams		Blaine Mickey
	Barbie Lujan		Xavier Reynolds
	Tristany Valencia	3.2	Tanisha Coyote
	Mariah Vigil		Sarah Sitton
3.3	Jordan Cuthair	3.1	July Stricherz
3.2	Austin Haire	3.0	Kiara Raby
	Christopher McDonald		
3.1	Alexxandria Troup		
3.0	Courtney Valdez		
	Michelle Simmons		
	Taylor Smith		

**Student of the quarter – 1st quarter**  
Seniors: Alex Pena and Kashina Perry  
Junior: Mary Kate Adams  
Sophomore: Kelton Richmond  
Freshman: Angel Bowman  
Teacher of the quarter: Mr. Tyson Wood

*Fourth-graders win IIS food drive*



photos Jeremy Wade Shockley/SU DRUM

Students of the Ignacio Intermediate School competed by grade level in this year's Sharing Tree Food Drive. The project works to supply those in need with non-perishable food items for the holiday season; gift baskets are distributed throughout the Ignacio community. Representing the winners, fourth-graders from the student council gathered to show off their contributions (left to right): Elco Garcia Jr., Makayla Howell and Hannah Cundiff. Together the school raised 644 items of food, half of which was brought in by the fourth-grade class alone. They will be rewarded with a movie and pizza party following the holiday break.

**Southern Ute Education Department**

*Southern Ute tribal students of the month*

Introducing a special recognition program for the young and talented Southern Ute students attending Ignacio public schools! The Southern Ute Education staff is looking for you! We know you are there, and we want to recognize two students a month for all their hard work and kindness given to others. Check the Drum each month and listen to KSUT for the announcement of the next honored students as well as an interview. It could be you! Way to go! Pending the success of this new program, SUED may extend this recognition to other local school districts in the fall. Stay tuned!



photo Ace Stryker/SU DRUM

**Allisianna Baker**  
6th grade, Ignacio Intermediate School

Parents: Alex Baker and Monique Marquez.  
Grandparents: Mitchell and Ellen Baker, Yvonne and Chris Martinez.  
Subjects: Strengths are math and science.  
Hobbies: After-school activities, such as match club, Lego league. Enjoys traveling. Member of the Intermediate school council.  
When I grow up: "Every since I was little I have wanted to be an orthopedic surgeon."  
Teacher comments: Allisianna is a delightful young person with quiet leadership potential. She is always respectful, reliable and compassionate. She earned 6th grade honor roll for first trimester.



photo Jeremy Wade Shockley/SU DRUM

**Jazmin Carmenoros**  
3rd grade, Ignacio Elementary School

Guardian: Darlene Frost, my auntie.  
Favorite subject: Math, language and computers.  
I like participating in soccer, basketball and flag football.  
In addition, I want to be a dentist.  
I have been chosen as Southern Ute tribal student of the month of September because I complete my school work like I'm suppose to. My teachers all say I am very friendly and like to help everyone. I work hard.  
"I enjoy going to powwows. I also like to watch my cousins play basketball, football and baseball. I enjoy going to school and learning all I can. I want to go to college when I graduate. I have two brothers, Jace is in 1st grade and Jordon in in the 6th grade."

**Holiday School Closures**

Ignacio School District: Dec. 19 – Jan. 2  
Southern Ute Indian Montessori Academy: Dec. 19 – Jan. 2  
Southern Ute Montessori Head Start: Dec. 19 – Jan. 2  
Bayfield School District: Dec. 22 – Jan. 6



# The Kidney Corner:

## How much water should I be drinking?

By Dr. Mark Saddler  
Durango Nephrology Associates

My patients are always interested in ways to protect their kidney function.

After I have discussed the many ways to protect kidney function — including control of blood pressure, controlling excess body weight, keeping in good physical shape, eating a healthy diet, control of diabetes (when applicable), and sometimes use of kidney-protective medicines — I am frequently asked the question: “How much fluid (water) should I drink per day?”

It turns out that it is more difficult to answer this question than you might think, because until recently there has not been much good information on this topic.

To be clear at the outset, some patients with specific medical conditions might have fluid intake requirements related to that condition. For example, patients who have a history of kidney stones might have a requirement to drink a lot of fluids to help suppress further stone formation by keeping the urine dilute at all times.

And there are some uncommon problems with the kidney’s ability to excrete water that may require a high fluid intake (diabetes insipidus) or a low fluid



intake. Patients with advanced kidney failure also might have problems excreting extra water and might need to restrict their fluid intake; this is often the case for dialysis patients.

For people who don’t have any of these conditions, what are the recommendations? In 1945, the Food and Nutrition Board of the National Research Council issued their now-famous recommendation that all adults should drink 2.5 liters, or about eight 8-ounce glasses of water, per day.

They later amended the recommendation, advising a little more for men than women, and clarifying that the recommended fluid included all non-alcoholic drinks, including caffeinated beverages.

The problem was that this guideline was not based on any good scientific evidence.

Apparently their recommendations were based simply on the opinion of the board members at the time, without any good evidence to back them up.

Until recently, there has continued to be very little data to help answer the question. There was some evidence from a large study called the Modification of Diet in Renal Disease study suggesting that excess water intake might actually be harmful in patients with established kidney disease.

This month, a group from Canada published a study of water intake, linking different levels of intake to progression of kidney disease. They found that the people who drank the most water had the best kidney health, indicating a significant benefit for the higher water drinkers.

The way the study was done meant that they could not distinguish exactly what type of fluid the subjects were drinking. Nevertheless, this is the first good evidence that drinking more fluid is good for your kidneys.

So perhaps the advice to take in enough fluid to fill eight glasses per day is appropriate for most people after all. No doubt we will be seeing more research on this topic, so stay tuned.

I wish you all a joyous holiday season.

# Good carbs vs. bad carbs

By Kevin R. Larson  
U. of Colorado School of Pharmacy

What are carbohydrates?

They are a necessary nutrient in the foods that we eat that are broken down into sugars in our body. Carbohydrate-rich foods include sugars, fruits, potatoes, breads, pasta, rice, and other starchy foods.

Many people don’t realize that not all carbohydrates are created equal. You may have heard some carbs referred to as “good” or “bad.”

If they are all broken down into sugars, then why are some carbohydrates better than others? Well, it mainly has to do with how fast they are broken down into sugars and absorbed into our blood.

The glycemic index is a scale that we can use to tell us if a certain carbohydrate is quickly or slowly absorbed into the bloodstream.

Foods that contain simple sug-

ars without fiber tend to be broken down very fast, which can cause a sharp spike in blood sugar. This can be very dangerous in people who have diabetes. Commonly, a sharp spike in blood sugar can lead to a sugar “crash,” because these carbohydrates don’t provide lasting energy and people may find that their hunger is not satisfied for very long.

Some examples of bad carbs are sugars, refined flour, white rice, fruit juice and beer. These are also known as high glycemic index carbs.

If you have diabetes, these carbs should be limited, since they raise blood sugars rapidly. These carbs should be taken into account even if you don’t have diabetes, because they cause weight gain, which can ultimately lead to diabetes and other health problems.

Foods that are rich in fiber tend to be broken down and absorbed

slowly, which results in lasting energy. Foods that contain both carbs and fat tend to be digested more slowly as well.

These are what we refer to as low glycemic index carbs, or good carbs. Good carbs include fruits, nuts, non-starchy vegetables, and whole grains.

Keep in mind that it’s important to keep track of how many carbs you’re eating, even if they are good carbs. Eating too many carbohydrates of any kind makes your body work harder to maintain normal blood sugar levels.

So next time you go to the grocery store, bring this list with you. Focusing on eating good carbs will help you remain healthy, give you sustained energy, and help to prevent and control diabetes.

For more information about the glycemic index, and eating healthy carbohydrates, visit [www.glycemicindex.com](http://www.glycemicindex.com).

### Low glycemic index (good) carbs

- **Most fresh fruits** – apples, oranges, lemons, limes, strawberries, raspberries, apricots, peaches, plums
- **Whole grains** – breads, brown or wild rice, quinoa, bran
- **Non-starchy vegetables** – beans, broccoli, peas, asparagus, peppers, onions
- **Nuts and legumes**

### High hlycemic index (bad) carbs

- **Refined grains** – white bread, white rice , enriched pasta
- **Processed foods** – cake, cookies, potato chips
- **Sweetened soft drinks** – fruit juice, soda, sport drinks
- **White potatoes**
- **Sugar**

## PRCLC offering classes from College of Eastern Utah

The Pine River Community learning Center in Ignacio is offering classes from the college of Utah. Classes are live via telecommunications from the College of Eastern Utah. Please call us with questions or to schedule a registration appointment. Below is a schedule of classes that will be available for the spring semester. Contact Susan Visser, Executive Director at the Pine River Community Learning Center at PO Box 710, 535 Candelaria Drive in Ignacio, CO 81137 or by phone at 970 563-0681 or online at [www.prclc.org](http://www.prclc.org).

Number	Course Title	Time	Days	Credits	Room
BCIS 1010	Computer Literacy	1:30-2:45	TR	3	2
BIOL 1010	Biology & the Citizen	9:30-10:20	MWF	3	2
BIOL 1013	Biology Lab Online	Online		1	2
CHEM 1010	Introduction to Chemistry	9:00-10:15	TR	3	2
ENGL 1010	Introduction to Writing:Academic Prose	3:00-4:15pm	MW	3	2
MATH 1010	Intermediate Algebra	6:00-7:45pm	MW	4	2
MATH 1030	Quantitative Reasoning	Online		3	2
NURS 1008	Medical Terminology	5:15-6:05pm	MT	2	2
POLS 1100	US Government & Politics	10:30-11:20	MWF	3	2
PSY 1010	General Psychology	7:30-8:20am	MWF	3	2
SOC 1020	Social Problems	1:30-2:45pm	MW	3	2
Fulfill requirements for General Ed. (Assoc. Degree)					
Fulfill requirements for Medical Assistant Certificate					

## Community Meetings



### December Activities

For all tribal elders & handicapped/disabled

- Dec 20: Movie day featuring “Wind Walkers” starts at 1:15 p.m.  
Dec 22: Farmington shopping trip; vans leave at 9 a.m.  
Dec 26: Tribal offices will be closed for Christmas  
Dec 27: Farmington, N.M., Sun Ray Casino trip; vans leave at 9 a.m.

## Organize AND Strategize

### COMMUNITY HEALTH NEEDS

**Wednesday, December 21<sup>st</sup> 10:00 a.m.**  
**Multi-Purpose Facility at Elder Meeting**

**Wednesday, January 18<sup>th</sup> 5:30 p.m.**  
**Southern Ute Higher Education Building**

CONTACT INFORMATION:  
Health Services, 970-563-0154  
Shining Mountain Diabetes Program, 970-563-4741



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photos Robert Ortiz/SU DRUM

## Elementary students spread Christmas cheer



First- through third-grade students sang loud and proud during the Ignacio Winter Concert in the Ignacio High School gym on Tuesday, Dec. 13. The Ignacio Elementary School students, conducted by Ignacio High School music teacher Howard Searle (left), sang renditions of Christmas songs including "Santa Claus Rock," sung by the second grade; "I'm Gonna Wrap Myself in Paper" and "Must be Santa," sung by the first grade (above left); and "The Reindeer Name Game" and "Rockin' Rudolph" sung by the third grade (above). All the students joined together to sing "Christmas in Any Language." The evening's concert closed with an all-students rendition of "Silent Night," in which the audience helped sing the second verse. The school also hosted a silent auction and provided refreshments after the concert.





*Southern Ute  
Tribal Christmas  
Dinner and  
Program  
Dec. 17, 2011*

*Sky Ute Casino Resort  
Events Center  
Ignacio, Colo.*

**Christmas Dinner**  
11 a.m. to 3 p.m.

**Music by "Plead the 5th"**  
3 p.m. to 4:30 p.m.

**Southern Ute Montessori  
Academy Christmas Program**  
5 p.m. to 7 p.m.

Artwork by  
McGarey Gallegos,  
published in the  
Dec. 16, 1983 issue of  
the Southern Ute Drum.

Christmas dinner tickets will be available for pick up at the front desk in the Hall of Warriors in the Leonard C. Burch Building for all Southern Ute tribal members and their families for raffles throughout the dinner. Tickets will also available at the dinner for those who are traveling to attend. If you would like tickets mailed or you have questions regarding the program and/or dinner please contact Amy Barry in the Public Relations office at 970-563-0119 or by email at [abarry@southern-ute.nsn.us](mailto:abarry@southern-ute.nsn.us). All deliveries to the handicap and disabled will be handled by the Southern Ute Tribal Elder Services, 970-563-0156.

## Christmas Light Contest!

This year the **Southern Ute Police Department** will be hosting a **Christmas Light Contest**. Over the next several weeks our officers will be looking at homes with Christmas lights and decorations from people who have entered into our contest. On December 21, 2010 our officers will vote on the **1st, 2nd, and 3rd place winners**. The winners will be published in the SUIT DRUM December 30, 2011

**DEADLINE is December 16, 2011 5pm to register.**

**Call to register with:**

**Crystal Thompson** 970-563-0246 ext. 3317 OR  
**Don Folsom** 970-563-0246 ext. 3301 OR  
**Leona Burch** 970-563-0246





## Cats rise to 4-1 after romps over Ridgway, Ouray

By Joel Priest  
Special to the Drum

Craig Kaminsky said on Saturday, Dec. 10 his dream job while growing up near College Park, Md., was to put his name in Terrapin basketball lore after mentors such as Lefty Driesell and Gary Williams.

It took just 3 minutes, 46 seconds for Ouray High School's newest skipper to learn firsthand what coaching fast-paced hoops such as that would be like. And during that span, his Trojans learned that the local "Shane Train" has many more cars than just its engine.

But when that locomotive gets rolling, San Juan Basin Leaguers pray it won't derail.

"We're trying to play together and not really have a main scorer," sophomore Kelton Richmond said, reinforcing coach Chris Valdez's goal of having every Ignacio Bobcat contribute in every outing.

For the first 4 minutes, 14 seconds after tipoff, Kaminsky — replacing Jim Blennis — had the game's tempo where he wanted it, and called a timeout with OHS trailing just 8 to 2. Senior Shane Richmond, though, was the cause of the pause; hitting an early trey from straight away hinted he might actually be prepared to inflict even more damage than the night before, when he devastated Ridgway for a career-high 40 points and 15 rebounds.

Given that the Bobcats downed the Demons 56-39, the potential was too great for Kaminsky to downplay.

And, regretfully, too great for the Trojans to deny. A late hoop off the team's time-tested inbounds play increased IHS's lead to 14-2, and freshman Adison Jones followed with a perfect three and 2:25 still left. Five straight Richmond points warranted another Ouray timeout, but the Cats ran off six more unanswered for a scorching 28-2 lead and three quarters still to play.

Richmond had already posted 14 points, two more than against RHS, and Ignacio had already drained four shots (senior Xavier Watts also sank his first) from beyond the arc. With Valdez already tapping into an eager

corps of reserves, OHS finally cracked double digits with 1:34 left before halftime, making the margin 44-13 at the intermission.

That didn't last long, as the Cats' other Richmond caught fire instantly when play resumed.

Kelton Richmond attacked at will with seven straight points, and Watts drained another triple. Despite a Kyle Kinsel bucket in that mix, the scoreboard showed Ignacio 54, Ouray 15 with 5:52 still left.

"It's exciting ... but lots of work," Kelton Richmond said of his outburst, which totaled 11 by quarter's completion and 13 by the rampage's 77-35 conclusion.

Jones registered another solid game with 13 points, five boards, and another handful of steals — he'd previously nabbed six against the Demons. Sophomore Justin Carver rang up 11 points — seven in the fourth for his curtain call, including the Bobcats' 10th trey — and also collected six rebounds.

Senior Matthew Silva closed the third quarter out with a long bomb, and added another in the fourth quarter for his six points. Watts had made a third three for his nine points, and Shane Richmond finished with a merciful 21 — giving him a season string of 32-36-8-40-21, for a 27.4 per-game norm.

"When they try to double and triple Shane, we've got to have other options," said Valdez, whose squad improved to 4-1 overall (2-0 SJBL). "We wanted to see if everyone else could get involved. We're happy we've got other people scoring, and Shane did what he had to do when he was in."



photo Joel Priest/Special to the Drum

*Out-leaping teammate Kelton Richmond (21) as well as Ouray's Jacob Fedel (32), Ignacio's Xavier Watts (12) yanks down a rebound during the Bobcats' home win on Saturday, Dec. 10.*

Scoring ten in the second half, Kinsel — a returnee from Louisiana — led Ouray (1-3, 0-2) with 14 points. Steven Duce added eight and Jacob Fedel six.

Tanner Skalla had paced Ridgway (record incomplete) inside IHS Gymnasium on Friday, Dec. 9 with 19, while Harley Ryder notched 12 and Nathan Hagemeyer four.

Consistently able to post up 5 feet or fewer from the basket, Richmond registered Ignacio's first dozen points in that game before Watts drained a three to give the Cats a 15-7 lead with 1:54 left in the first quarter.

A 17-5 third quarter broke open what had been a 32-22 halftime advantage, with Richmond making his first exit with 1:50 left, 36 points and 11 boards already to his name. Jones chipped in nine points against RHS, Kelton Richmond two, and Clayton Jefferson and Adam Herrera one apiece.

"We're still having some turnovers, but we're better," Valdez said. "If we keep those consistently under 10 a game, then we're going to be really competitive later on in the season."

Next for Ignacio will be the Aztec, N.M., Tigers' "Rumble in the Jungle," January 5 – 7, 2012.

## Lady Cats split league openers

By Joel Priest  
Special to the Drum

Any good chef knows this: Pans are best primed with a no-stick cooking spray like PAM. Things cook better.

Funny; Pam works similarly on the basketball court.

Brice Searles had plenty of Pam — as in Pam Cotton — at his disposal on Saturday, Dec. 10, but didn't need much to achieve the desired effect, a 56-17 roasting of Ouray in Ignacio's last game before the holidays.

Serving a mandatory one-game suspension (due to two technical fouls at Bloomfield, N.M., earlier in the week), IHS was Pam-less the night before against Ridgway's post-centered offense — and paid for it with a loss in their San Juan Basin League-opener.

The score, however, proved the Lady Cats can put plenty on the table even without a main course.

"We missed Pam; she's a big part of our team," said guard Jordan Cuthair, after the rout of OHS. "When we got her we came with it — came out strong yesterday too, I think — but having her made us need to push it a lot more than we did [against Ridgway]."

"It was a struggle without her," forward Mariah Vigil agreed. "With her, we're together again."

With Pam Cotton in civilian attire, Ignacio's paint presence against RHS took another hit when forward Valerie Armstrong fouled out with 5:26 left in the game, the Cats down just 50-48.

Having earned a starting-line-up nod, Cuthair canned a three-ball for a brief lead, and after the Lady Demons answered inside, regular sixth-man Sky Cotton burned the visitors for a go-ahead layup.

RHS reserve Leta McNatt fouled out shortly after Armstrong, evening things up a bit, but the Lady Cats were forced to dig extra deep mentally when guard/forward Michelle Simmons was given her fifth foul with 3:03 remaining and the game still very much up for grabs.

"I feel like I cost my team the game," the junior said, though her performance said otherwise.

Single-handedly willing to match Lady Demon senior star Candace Yengst point-for-point, Simmons took her seat with a game-high 26 points and 10 rebounds to boot. Yengst approached a triple-double with her 25-point, 8-board, 6-assist line.

With 1:46 left, Yengst fed forward Bailey Kerson for an easy layup and a 62-56 lead as an exhausted Vigil (11 points, 12 boards) couldn't cover both



photo Joel Priest/Special to the Drum

*While protecting her dribble, Ignacio's Jordan Cuthair (1) eyes an approaching screen set by teammate Mariah Vigil (far left) on her Ouray defender during SJBL action on Saturday, Dec. 10 inside IHS Gymnasium.*

sides of the lane at once. Sixteen seconds later, IHS sophomore Cloe Seibel fouled out, but the Lady Cats still had some juice — as in "Juice" Cuthair (seven points), who sank a long base-

***"We worked more as a team; everyone knew their roles."***

***— Michelle Simmons, Ignacio Lady Cats guard/forward***

line jumper, cutting the deficit to four.

Sky Cotton (10 points) hit a late freebie for Ignacio's final point, before Ridgway hit an insurance bucket.

"Being short's a big thing," quipped Cuthair, "but we try our best to push it to the rack, get fouled as much as we can!"

Kerson amassed 10 points and six boards for RHS (record incomplete), which also got an eight-point, five-rebound surprise from Rowan VanArsdell, five points from Benasutti, and nine from Beamer.

"We had to forget about it, move on, and get up for [the Ouray] game, like we're trying to do for all our games," said Vigil, reflecting after Saturday's win.

In that game, a quick 10-0 start with 3:27 left forced new OHS coach Shawn Carroll — previously the JV boys' coach at 4A Montrose — to call timeout. But Seibel swished a three-pointer with 1:54 left, and Ignacio's 13-

0 lead endured into the second. Ouray, beaten at Mancos the night before, finally got on the scoreboard with two Jackie Saunders free throws and just 0:24 showing before halftime. Cuthair (six points) cruelly killed that buzz though, with another long baseline "J" and only 10 ticks on the clock.

With two free throws beginning the third, Vigil (10 points, five boards) made the score 26-2, and the only suspense came when Armstrong's right knee buckled under Lady Trojan Nicole Edder while scrapping for a ball on the court. With eight seconds left in the frame, she did not return.

Cruising 46-10 with eight minutes still left, Searles was able to play his bench extensively. Akasia Oberly and Roshae Weaver each netted their first varsity hoops, and Sky Cotton iced the cake with eight fourth-quarter points, giving her 10 (to go with six boards).

"We worked more as a team; everyone knew their roles," Simmons said. "We had non-starters go in and finish the game up really good."

Back on the job, Pam Cotton pitched in with four points and seven caroms, while Seibel totaled five points, and Armstrong seven. Oberly finished with four and Weaver two.

Edder turned in a workman-like 11-point, 12-rebound outing for Ouray (0-4, 0-2 SJBL), while Saunders finished with four points.

Up next for Ignacio (2-1, 1-1) will be the Webb Toyota/Kirtland (N.M.) Central Basin Girls' Invitational, Jan. 5-7, 2012.

## JV Cats start league play hot

By Joel Priest  
Special to the Drum

Ignacio's Isaiah Harrison didn't look to record an assist — well, not like that.

And Ridgway's Bryan Felberg never imagined a breakaway layup — well, definitely not like that. And then have the two points credited to the Bobcats?

Both had to believe it, and chalk it up to the proving grounds of junior-varsity high school basketball. Having spun around 360 degrees in pursuit of a defensive rebound bouncing over his head, Felberg suddenly found himself with possession, not knowing the ball had been deflected by a teammate and off Harrison's head back toward the Demons' vacant basket.

With nothing but space and opportunity ahead, or so he thought, Felberg scored the hoop. It was the equivalent of Minnesota Viking defender Jim Marshall's infamous wrong-way NFL fumble return in 1964 — which, ironically, resulted in a safety and two points for the San Francisco 49ers when Marshall chucked the ball out of the end zone in celebration.

The hoop blooper didn't lead to catastrophe on the IHS Gymnasium scoreboard on Friday, Dec. 9; Ridgway's JV would still lead 34-30 after three quarters. But

after four, and a whale of a game from sophomore forward/center John House, the Bobcat JV squad emerged victorious in its 2011-12 opener.

Sinking three three-pointers, House keyed Ignacio's 22-6 fourth-quarter charge and finished with a 27-point performance in the 52-40 win.

Against Ouray the following morning, House netted eleven points more in the first half as IHS led the Trojan JV 27-14 through two frames.

Then, foreshadowing the varsity's hailstorm, the treys fell fast and furiously. Jalen Pena netted two, House hit one, as did Isiah Tucson, and just like that Ignacio was separating fast and furiously, 39-16. Sam Mestas cashed the team's ninth with 3:48 still left in the third, putting the Cats — coached in the contest by varsity



photo Joel Priest/Special to the Drum

*Ignacio JV forward Angel Ortiz (33) battles Ridgway's Koy Reed for a rebound during the Bobcats' Friday, Dec. 9 season-opener inside IHS Gymnasium.*

boss Chris Valdez (Shane Seibel was present for Ridgway) — up 42-20.

Every bomb proved vital; Ouray suddenly mounted a solid response before IHS, driven by House (20 points), put the Trojans down for good, 58-44. Pena finished with 10 points and Tucson six.

## Unbeaten Wyatt leads wrestlers

By Joel Priest  
Special to the Drum

Capturing two individual titles in two days, Ignacio senior Colton Wyatt not only won the Bloomfield (N.M.) Invitational and the Dove Creek "Dawg Fight" Dec. 9 – 10, but won seven of eight matches by pin — including Austin Wilcox of Monticello, Utah, for the 195-pounders' title at DCHS.

Christian Acosta of Piedra Vista (Farmington, N.M.) proved a much tougher out, but the junior bowed by a 7-6 score in the bracket finale inside Bobcat Arena as Wyatt improved to 12-0, the last Ignacio Bobcat still undefeated.

Technically speaking, that is. Senior Alex Pena (1-0) was held out of action, possibly in preparation for this weekend's Warrior Classic in Grand Junction, IHS's last slated action until 2012.

Senior 152-pounder Teagan Overturf improved to 11-2 (all his wins by pin) with his third-place win in Dove Creek, stop-



photo Joel Priest/Special to the Drum

*Ignacio's Iaasic Pena wards off a low shot against Dolores during the season-opening Wolverine Classic inside Bayfield H.S. Gymnasium on Saturday, Dec. 3.*

ping Norwood's Kolby Starks after losing to Nucla standout Tray Sickels. First place was his in Bloomfield though, with a 5-0 mark and title win over Farmington's Vladislav Zakharov.

Senior Jeff Herrera went 2-2 in Bloomfield, where Ignacio placed seventh as a team, taking fourth at 132, but did not compete at DC (where Ignacio also finished seventh).

Iaasic Pena improved upon his fifth-place finish in Bloomfield with a third in Dove Creek at 120—via a 9-2 win over FHS's Conner Rasmussen. New heavyweight Jason Taylor brought back another fifth for IHS from Bloomfield, as did 182-pounder Sonny Sanchez and new 138-pounder Klayson Smith.

The prestigious Warrior runs Friday and Saturday, Dec. 16-17 at Colorado Mesa University.



# Outgoing council honored



The Southern Ute Indian Tribe hosted a farewell reception for Chairman Pearl E. Casias and Tribal Council members Alex Cloud and Marge Borst on Monday, Dec. 5. Cloud (top left) is wrapped in an honorary Pendleton blanket; Ute Mountain Ute Vice Chairman Bradley Hight (top right) thanks the council members for their service as Acting Chairman James M. Olguin listens in; Growth Fund Executive Director Bruce Valdez (right) bids the honorees farewell; Casias and Borst (bottom right) enjoy the gathering of tribal members and staff; tribal elder Dixie Naranjo (bottom) shares a few thoughts; Council Lady Ramona Y. Eagle presents Borst with a personalized blanket; Superintendent John Waconda of the Bureau of Indian Affairs' Southern Ute Agency wishes Casias and the others well.

photos Jeremy Wade Shockley/SU DRUM





## SunUte celebrates a decade of healing



Traditional singing by Yellow Jacket opened the ceremonies during the SunUte Community Center's 10-year anniversary celebration on Saturday, Dec. 3. Former Southern Ute Indian Tribal Council member and vice chairman Vida Peabody was among the dignitaries who spoke during the welcome. SunUte employees also honored longtime staff member and SunUte Facilities Operations Manager Kristi Garnanez. In the gym, a free-throw contest, one-on-one basketball, and Zumba were all offered during the afternoon. By the pool, Ol' Saint Nick made an appearance for the younger crowd, handing out gifts and candy.

photos Jeremy Wade Shockley/SU DRUM



photo courtesy Odyssey Baker-Silva



The SunUte Community Center had a number of drawings on Saturday, Dec. 3 for its 10-year anniversary. In addition to the many door-prize drawings throughout the day, SunUte also had the SunUte Passport Drawing, the SUIT Member Update Drawing, and the SunUte Community Member Update Drawing.

The prize winners are as follows:

### **SunUte passport:**

(winners received awesome board games)  
Aislinn Ryder; Jordan Carmenoros  
Gerald Howe; and Lainey Espinosa

### **Southern Ute tribal member update:**

Cuisinart juicer: Brandi Raines  
Dietz Market gift basket: Trennie R. Burch

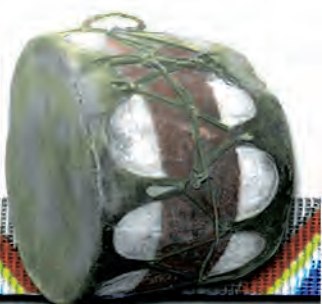
### **SunUte Community member update:**

(free three-month family membership)  
Ken Downey

Congratulations to all the winners! Prizes can be redeemed at the SunUte Community Center.







## Merry Christmas from the Drum



photo courtesy Danielle Hight

Staff members of The Southern Ute Drum (left to right) Robert L. Ortiz, Ace Stryker and Jeremy Wade Shockley wish the Southern Ute Indian Tribe a merry Christmas and prosperous new year!



photos Jeremy Wade Shockley/SU DRUM

Celebrating one year of service to the membership, the recently opened Multi-Purpose Facility hosted an open house on Wednesday, Dec. 7. Among those who stopped by during the day to enjoy the refreshments and conversation were Dr. James Jefferson and Sage Remington (above) and Virginia Sage and Josephine Olguine (below).

## Multi-Purpose Facility: 1 year down, many more to come

By Ace Stryker  
The Southern Ute Drum

About 30 Southern Ute tribal members turned out at the tribe's Multi-Purpose Facility on Wednesday, Dec. 7 to celebrate its first complete year of operation.

The facility provided light refreshments to visitors and the

chance to win one of 16 door prizes. Several visitors left comment cards for the staff, indicating their feelings about the anniversary celebration and the facility in general.

"It is a very nice facility," one person wrote. "All tribal members should be very proud to have such a nice facility, and we should take good care of it."

"I enjoy coming over to sew," another wrote.

"Very nice facility!" reported a third person. "I am grateful the tribe provides the facility! Will definitely be using in the future."

The facility is free for tribal member use and is available for reservations on a first-come-first-served basis. For more information, call 970-563-4784.



## Fort Lewis College's first century concludes with Winter commencement

Media release  
Fort Lewis College

For around 180 seniors at Fort Lewis College, Winter Commencement will mark a triumphant end to their undergraduate academic careers.

Every graduating class is special, though the 2011 class will be recognized as the centennial graduating class to commemorate Fort Lewis' 100 years as a public educational institution.

Fort Lewis College's Winter Commencement takes place on Saturday, Dec. 17 in Whalen Gym. The ceremony begins at 10 a.m. Addressing the College's newest graduates will be the 2011 FLC Featured Scholar and Professor of Geosciences Dr. Gary Gianniny.

"Research builds," Gianniny said. It's an axiom that is illustrated by his research portfolio. His pursuit of knowledge has taken him around the world studying

topics from evolution and sedimentary records found in limestone to the energy potential of microbial deposits and the effects of coal extraction on groundwater.

"Integrative science that bridges across scientific fields and provides useful information is by far the most exciting thing we can do in research," Gianniny said. "One of our college-wide learning goals is the application of knowledge to inform action: That's our game."

## Multi-Purpose Facility 1st anniversary prize drawing winners

\$10 Applebees – Ronalynn Tiznado  
\$10 Chili's – Willette Whiteskunk  
Plush Throw – Virginia Sage  
\$10 Applebees – Vanessa Torres  
\$10 Pizza Hut – Nova Burch  
\$10 Pizza Hut – Frieda Pinnecoose  
\$10 Applebees – Kean Richards  
\$10 Chili's – Robert Baker

\$10 Pizza Hut – Terry Box  
Pink Scarf – Ester Richards  
Green Scarf – Ms. Georgia  
Burgundy Scarf – Lorelia Cloud  
Black Scarf – Leann Wilson  
Green Scarf – Rena Richards  
Scarf – Yvette Cuthair  
Blue Plush Throw – Josephine Olguin



Photo: Gary Elthie

### Wood Smoke and Your Health

Small particles and pollutants in wood smoke can trigger asthma attacks. Wood smoke has also been linked to heart attacks in people with heart disease.

Even occasional exposure to wood smoke can cause watery eyes, stuffy noses and chest tightness. Everyone may experience symptoms, but children and elders are especially vulnerable.

## FOUR EASY STEPS TO DRY WOOD



### STEP 1 SPLIT

- Start with the right sized wood
- Split wood dries much faster
- Split the wood in a range of sizes to fit your stove, but no larger than 6 inches in diameter
- Split small pieces for kindling



### STEP 2 STACK

- Stack wood to allow air to circulate
- Build the stack away from buildings
- Keep wood off the ground. Stack it on rails
- Stack wood in a single row with the split side down



### STEP 3 COVER

- Cover the top of the stack to protect it from rain or snow
- Make sure there is space between the cover and the stacked wood - don't let the cover rest directly on top
- Keep the sides open so air can circulate through the stack



### STEP 4 STORE

- Allow enough time to dry
- Softwoods take about 6 months
- Hardwoods take about 12 months
- Cracked ends on the wood typically means it is dry enough to burn



### Is your wood dry? Take the moisture meter test.

Wet wood can create excessive smoke which is wasted fuel. Moisture meters that allow you to test the moisture level in wood are available in all sizes and can cost as little as \$20. Properly dried wood should have a reading of 20% or less. Dry wood creates a hotter fire. Hotter fires save wood - ultimately saving you time and money.

### Clean and Efficient Heating Checklist

Burning dry firewood can save money and protect you and your family's health. A properly installed and operated wood-burning stove should produce little smoke.

- ☐ Start a small fire with dry kindling then add a few pieces of wood.
- ☐ Give the fire plenty of air - fully open the air controls until the fire is roaring.
- ☐ Burn the fire to heat the chimney or flue before adding more wood.
- ☐ Keep space between the firewood as you add more to the fire.
- ☐ Check for local burn bans and avoid fireplace and wood stove use while in effect.
- ☐ Avoid burning garbage, treated lumber, or saltwater driftwood. Burning these items can damage your stove and cause serious health issues.
- ☐ Have your stove and chimney professionally inspected and serviced yearly if possible.
- ☐ If available, refer to your owner's manual for start-up guidelines.
- ☐ A smoldering fire, "dirty" glass doors, or smoke from the chimney are all signs that the fire needs more air or your wood is too moist.

Properly dried wood is lighter, has cracks in the grain on the end, and sounds hollow when knocked against another piece of wood.





# Who am I: Where did I come from?

By Tim Yaw

Nuuciu Bible Baptist Church

In the last article, we agreed there was a need for love to live together peacefully.

We talked about love being based on attraction, affection and assurance, the three basic emotional needs of human beings. Because we are self-centered life forms, this love comes from within ourselves. Since love is self-based, it forces others to fulfill our emotional needs.

Sounds like a one-way proposition doesn't it? It is. If love is pointed inward, how can we help others?

Let us turn the equation of love being based on attraction, affection and assurance around, defining it instead as attraction, affection and assurance being based on love. Now we are indicating that proper love that is beneficial must come from an outside source; not from humans, but from someone superhuman or supernatural.

Supernatural simply means something or someone that is above or outside the natural realm, or spiritual. So, to find proper and beneficial love, we must take a spiritual focus.

A spiritual focus involves the truth that the real person is the substance inside the physical body we call the soul or spirit: The natural person (physical body) and the spiritual person (soul/spirit), if you will.

To deny this coexistence is foolish. As we said previously, the soul is the heart of our emotions, desires and will, and the physical body is needed only to manifest these entities.

The spiritual focus involves a further truth: When the body ceases to exist, the soul continues to live.

With this spiritual focus, we can begin our search for this outside source of love. We must begin, though, by answering the three basic questions that all people have: Where did I come from? What is my purpose? Where am I going after my body dies?

Let us start with the first question: Where did we come from? The scientific answer is evolution from lesser life forms. This is a natural focus, because this theory does not explain the real us: the soul.

The soul has no race, color, nationality or even gender; these qualities pertain to the body. Since we are now spiritually focused in our search for love, macroevolution is not a workable answer to the outside source of love.

With natural theories for creation discarded, we must spiritually look to an intelligent supernatural creator. Simply observing the beauty, design and complexity of the earth in which we live implies intelligence. Intelligence implies a personality, and personality implies personage.

So can we now agree that there is a supernatural person responsible for creating everything, including humans? Sure we can, and this person is a spirit we call God. Further, the basic definition of a god is a being who is supreme.

Supreme has the meaning of being over and above all; thus, if this God created everything, then He is the one and only God, over and above all.

As far as God creating us, all we have to do is to look back at our lineage and we will find that all humans evolved from the first-created man and woman. Yes, there is such a thing as evolution, but living things can only evolve from life forms of the same kind: dogs from dogs, horses from horses, and humans from humans.

Has there been given enough basic evidence in this article as to the creation of human life and that creation came through a divine creator? If so, then we are created human beings and have answered our first question: Where did I come from?

With these facts, it appears we are getting closer in our search for proper love and its outside source. But we still need to answer the last two questions: What is my purpose, and where am I going?

The question of our purpose on earth will be the theme of the next issue's article. Return to the next issue of The Southern Ute Drum and we will continue our search for proper love. Until then, I wish you a merry and safe Christmas.

# You're Invited

Nuruvu' 'aaghai

"Forever Young"

Who:

Tribal Elders

What:

Brunch and discussion about future Elder's exercise class

When:

January 10th, 2012 at 11:00 am

Where:

Multi-Purpose facility

Contact:

Amber or Maria

970-563-0214 Ext: 2658

## FREE Upcoming Indian Child Welfare Act Workshop

The Indian Child Welfare Act: Basics & Best Practices

January 20, 2012, 8:30 a.m. – 5 p.m.

Southern Ute Multi-Purpose Facility

258 Ute Rd., Ignacio, CO 81137

Please join the Denver Indian Family Resource Center, Southern Ute Tribal Social Services, Ute Mountain Ute Tribe, and the Child Welfare Division, Colorado Department of Human Services at our upcoming comprehensive ICWA workshop designed specifically for case workers, judicial staff and service providers who work with the American Indian community.

Topics addressed will include:

- 'Indian 101': Outlining the historical and contemporary context of Native families and key concept for understanding ICWA
- Basics of the Indian Child Welfare Act and ICWA's interface with the Colorado Children's Code
- Practice in the spirit of ICWA: Demonstrating active efforts and engaging families

This training is FREE of charge. Lunch is provided. For registration, please visit [www.cdhsacademy.com](http://www.cdhsacademy.com) to create an account. For more registration information, please contact Joann Kanost 303-866-7174. For lodging call 1-800-876-7017, reference DIFRC block.

## COED Indoor Soccer

High school players and up

5v5 indoor soccer (2 females must be on court at all times)

Season begins Jan. 19 and games will be played Monday and Thursday nights at the Bayfield old Middle School, 110 E., South St.

\$250 per team (due by Captain's meeting), late registration is \$300 (Jan. 13) High School teams \$200 with ID's

Captain's meeting: Wednesday, Jan. 11, 6 p.m. at the Bayfield old Middle School

For more info, contact Ryan at 970-884-9544 ext. 109 or email: [rorendorff@bayfieldgov.org](mailto:rorendorff@bayfieldgov.org) or visit our website: <http://www.bayfieldgov.org/services/recreation/index.asp>

SKY UTE CASINO RESORT

# New Year's Eve Dinner & Party

## TO THE MUSIC OF RALPH DINOSAUR

SATURDAY, DECEMBER 31

Be sure to join Sky Ute Casino and Ralph Dinosaur as we usher out 2011 and ring in 2012 at our New Year's Eve Dinner & Dance Party in the Event's Center. Tickets for dinner and the dance are \$30 for singles and \$50 for couples. Hors d'Oeuvres will be served from 6 p.m. until 7 p.m. and dinner will be served from 7 p.m. until 9 p.m. Jonas Grushkin will provide entertainment from 6 p.m. until 9 p.m. The party gets started at 9 p.m. when Ralph Dinosaur takes the stage! Anyone wishing to purchase tickets to just the dance may do so for \$15 per person. Party favors and a champagne toast at Midnight are included in the price of all tickets! A cash bar will also be available. Tickets can be purchased online at [www.skyutecasino.com](http://www.skyutecasino.com) or by visiting the Sky Ute Casino Gift Shop.

14324 Hwy 172 N., Ignacio, CO 81137 970-563-7777 [www.skyutecasino.com](http://www.skyutecasino.com)

QR code, Bear Club logo, Pepsi logo, Sky Ute Casino Resort logo

See [SkyUteCasino.com](http://SkyUteCasino.com) for all gaming promotions & entertainment information!

SKY UTE CASINO RESORT

# \$112,000

## New Year Extravaganza

Sky Ute Casino wants to start 2012 off with a bang so we are giving away \$112,000 in cash and Sky Ute Loot throughout the month of January!

**New Year's Eve Kickoff**

**\$200** Sky Ute Loot drawings from 3:30 p.m. until 11:30 p.m. every 15 minutes (excluding the top of the hour).

**\$500 CASH** drawings every hour on the hour from 4:00 p.m. until 11:00 p.m.

**\$11,000 CASH** drawing at 11:45 p.m. (all previous Sky Ute Loot and cash winners will be eligible for 11:45 p.m. drawing).

**Spin the Wheel Kiosk Game**

All Bear Club members can swipe their card at the kiosk and play the \$112,000 New Year Extravaganza game once per week on Wednesday, Thursday, or Friday from 12 p.m. until 9 p.m. Prizes range from entry tickets into the Saturday cash drawings up to \$100 in Sky Ute Loot!

**Saturday Cash Drawings**

Every Saturday in January we will hold hourly drawings from 5 p.m. until 9 p.m. and you could win your share of the \$52,000 in CASH to be given away!

14324 Hwy 172 N., Ignacio, CO 81137 970-563-7777 [www.skyutecasino.com](http://www.skyutecasino.com)

QR code, Bear Club logo, Pepsi logo, Sky Ute Casino Resort logo

Must be 21 years of age or older. Must be a member of the Bear Club. Must check in at the kiosk on New Year's Eve as well as on Saturday's for drawings. Sky Ute Loot must be played off into Sky Ute Loot eligible slot machines and has no cash value. Must be present to win. Employees of Sky Ute Casino and their immediate family are not eligible for cash drawings. Management reserves the right to change or cancel this promotion at anytime without prior notice.



# Fly-fishing the 51st state: The gorgeous Virgin Islands

By Don Oliver  
Special to the Drum

My wife is the smartest person I know, bar none. In fact, she is smarter than the smartest and cutest 2-year-old grandson in the world, who is currently involved in a project figuring out how to put ketchup back into the bottle using only his hands. So when my wife suggested I fly-fish the 51st state, I thought I finally found something I knew more about than her.

Will I never learn? After her suggestion, I very diplomatically pointed out there were only 50 states. Her response: “Well, the United States Virgin Islands are part of the U.S., and should be added to your list of states to catch a fish on your fly rod.”

To further make her point, she told me English is their main language, they have all flavors of great food, and their currency is the American dollar. And just like in the 50, a dollar there will buy you 50 cents worth of goods. Then, to seal the deal, I was told there are lots of romantic beaches, and romantic beaches could lead to romance.

Like a trout taking a big dry fly, I took the bait.

On the flight over, I thought my 9-weight was going to get a workout. I’d assembled an assortment of saltwater flies and leaders. I had my flats boots, sun hat and gloves; I was ready. We flew into Saint Thomas and then took the water taxi to Saint John.

I was stoked. Saltwater fly-fishing and romance: It couldn’t get any better.

My first day fly-fishing around the beaches was great casting practice. I bumped a few needle fish, but nothing else.

I also found out I was breaking



the law. A large portion of Saint John is part of the National Park Service, and therefore fishing close to the swimming areas is illegal. I don’t know why; I never

*A thought came to mind. Why hasn’t the person who invited the teeny-weeny-itsy-bitsy-bikini, worn by women who should wear them, been awarded a Nobel Prize? There just isn’t any justice in this world.*

came close to hooking a swimmer.

The next day I hired a guide, and it was a lost day. I was feeling really low and thought, except for the romance, this has been a bust. Then my wife said, “You’re a retired guide. Man up. Go ask someone where to fly-fish on your own.”

I was directed to a flats area

north of our resort. The tide was high, and the wind howling, I thought there is no way it would work.

My wife scolded me, and I found myself wading the flats following the kamikaze pelicans. It was then I spotted fish feeding. Not just any old saltwater fish: tarpon.

As I made my way toward the pelicans and the fish, I heard — no small feat — fish feeding between me and the beach. I watched one of them begin to swim in my direction. I placed a clouser minnow in front of him, and begin to strip it. He looked at it, and then, to my surprise, ate it.

The fight was on. I’ve always heard about the thrill of your first tarpon, and it is greatly understated. The tarpon made several runs, got into my backing, and made the most spectacular tail walks I have ever seen. After doing this for about 15, minutes I began to wonder how I was going to land the fish. It could get ugly and dangerous.

At that point, he threw my fly. I was relieved and totally exhilarated.

So back at the resort sitting on my deck, relaxing, smoking a great cigar, drinking a cold beer, and watching the sun bathers on the beach, a thought came to mind. Why hasn’t the person who invited the teeny-weeny-itsy-bitsy-bikini, worn by women who should wear them, been awarded a Nobel Prize? There just isn’t any justice in this world.

I want to end with my traditional year-end closing. I wish everyone Feliz Navidad, Happy Chanukah, a good Eid as-Adha, and of course, Merry Christmas. If none of these fit your beliefs, then may whatever touches your heart with hope be with you all of 2012.

## Express Your Opinions

**A lack of decisive leadership**  
There is a complete absence of decision-making ability in the Tribal Council.

You must appreciate how serious it is. At this critical time, tribal leadership is in dangerously short supply.

The council has too many voices

in their heads other than their own. It is nearly as frustrating as the problems we have right now with the council virtually controlled by elements of the Growth Fund and tribal attorneys.

These elements have enormous power and play an outsized role in the tribal government.

Uncertainty is signaling the council is not reliable or trustworthy.

Finally, the Tribal Council has an indispensable role to play in tackling the long-term problems that imperil our tribal future.

Orville G. Hood  
Tribal elder

**EDITOR’S NOTE: ALL LETTERS PUBLISHED IN THE SOUTHERN UTE DRUM ARE PUBLISHED AS SUBMITTED AND DO NOT REFLECT THE OPINION OF THE SOUTHERN UTE DRUM OR THE SOUTHERN UTE INDIAN TRIBE.**  
The Southern Ute Drum encourages letters from readers on any topic. We ask that letters be 500 words or less. Letters deemed to be libelous will not be published. Letters should be submitted by email to [astryker@southern-ute.nsn.us](mailto:astryker@southern-ute.nsn.us) by the end of the day Monday preceding publication.

## Happy birthday & merry Christmas

**Merry Christmas and Happy New Year to our family and friends**

(it would take the whole page to name you all)  
We are thankful for you being a part of lives. May the Creator grant you happiness, love, peace and all that you need in your life for the next year.

Love always,  
Shelly and Zechariah

**Happy Birthday to my lil sister Christen on Christmas Day!**

I love you sissy!

Your big brother Ri Ri

**Happy Birthday to my baby sissy on Christmas Day!**

I love you bunches and bunches! Always remember that Auntie loves you lots!

**Happy Birthday to my lil sister and Auntie Kate!**  
May you be blessed on your special day!

Love ya,  
Shells and Ri Ri

**Tribal Membership**

May you have the Merriest of Christmas’ and the Happiest of all New Years! Be safe and May the Creator walk by your side.

Shelly and Zechariah

**To Abel Romero**

How time flies it wasn’t long ago that we as a family were watching you play high school sports and then graduating, moving to Phoenix and living there for six years that’s awesome. Now I want to wish you a Happy Birthday on December 24th and a very Merry, Merry Christmas.

With Love Always,  
Your mom Luana Herrera

**Happy Birthday on Dec. 24 to Abel Romero and many many more.**

With Love,  
your sisters Elania Romero & Renelda Herrera

**Happy Birthday Abel**

From your Grandpa Bennett. Aunties, Becky and Gina. Uncles Keith, Frank and Shawn. All your nephews Cesar, Jawadin, Josh, Jalen, Staffon, Jesus and niece Brianna, and all your cousins.

**Merry Christmas and Happy New Year**

To my sister’s Becky and Gina, my brothers Frank, Keith and Shawn, my dad Bennett all my nephews, nieces and my grandchildren, my aunts, friends and relatives, may you all have a good year in 2012.

Luana Herrera

## Tribal Obituaries



**FROST** - Jack McClure Frost, Sr., died Monday, December 12, 2011, at his home in Bayfield, Colo.

Jack was born June 19, 1937, to Andrew and Bertha Norris Frost at Taylor Hospital in Ignacio. He graduated from Ignacio High School in 1957. He was president of his class at Ignacio High School. He excelled in football, basketball and baseball, and received many trophies for his outstanding performance in all sports, including an award for All-State in his senior year. He then attended Adams State College for a year.

He worked for the Southern Ute Indian Tribe in education and in the administration as one of the early pioneers in setting long-range goals and making presentations at general council meetings held in the Southern Ute Recreation building. He was a paralegal for the tribe. He later served as a mechanic and carpenter for the Southern Ute Tribe; he was basically a “jack of all trades.” He served as a Southern Ute Police Officer for many years and did a short stint as a Southern Ute Game Warden for the tribe.

Jack was a Southern Ute Tribal Elder and mentor. In his free time, he enjoyed hunting and fishing, cheering on the Denver Broncos and spending time with friends. He also enjoyed riding horseback and tending to his family, cattle and sheep ranch. He also enjoyed the sights and sounds of the Sky Ute Casino.

He married Sherri Howell in April of 1960. The marriage ended in divorce in 1982. He is preceded in death by his parents Andrew and Bertha Frost, his brothers Billy Frost, James Frost and Burke Frost, a son William S. Frost, daughters Andrea Richards and Suzette Frost, and granddaughter Jeanette Frost.

Jack is survived by daughter Jacqueline Frost of Ignacio; son Jack Frost, Jr. of Ignacio; son Andrew Frost of Arboles, Colo.; sister Kathleen Frost of Ignacio and brother Stanley Frost of Ignacio; step-children Delos Prairie Chief and Sherrie Prairie Chief of Ignacio; 20 grandchildren, and nine great-grandchildren.

Visitation occurred at Hood Mortuary Chapel Thursday, Dec. 15, 2011. A Rosary was recited at St. Ignatius Catholic Church on Thursday evening. A wake followed the Rosary on Thursday evening in the Multipurpose Room of the Southern Ute Memorial Chapel. A Mass of Christian Burial was celebrated Friday, Dec. 16, 2011, at St. Ignatius Catholic Church. Deacon Larry Tucker & Father Doug Hunt will celebrate. In lieu of flowers, memorial contributions may be made to Visiting Angels, 125 E. 32nd Street, Suite 3, Durango, CO 81301.

## Dec. 30 Drum DEADLINES

Display/Classified  
Ads & Jobs  
Dec. 23

Stories & News,  
Announcements  
Wishes/B-Days!  
Dec. 23

### THE SOUTHERN UTE DRUM

A bi-weekly newspaper, owned and operated by the Southern Ute Indian Tribe on the Southern Ute Indian Reservation in Ignacio, Colorado.

**SUBSCRIPTION RATES: \$29 Per Year • \$49 (2) Years**

PHONE: 970-563-0100 • DIRECT: 970-563-0118  
TOLL FREE: 1-800-772-1236 • FAX: 970-563-0391

**MAILING ADDRESS & PHYSICAL ADDRESS**  
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PO Box 737 #96 • LCB Building, 2nd Floor  
Ignacio, CO 81137 • Ignacio, Colorado

**STAFF EXTENSIONS & EMAIL ADDRESSES**  
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Andrea Taylor • T.I.S. Director, Ext. 2250 ([actaylor@southern-ute.nsn.us](mailto:actaylor@southern-ute.nsn.us))

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**Rolling Thunder Lanes**

**FALL BOWLING IS HERE!**

**Rolling Thunder Lanes Bowling Center!**

**at Sky Ute Casino Resort**

**Monday - Friday**  
all Students bowl for \$2.00  
a game and \$1.00 shoes  
from 11:00-4:00  
Also All Seniors with a  
Young at Heart card get  
free shoes M-F from  
11:00-4:00!

**Monday night**  
"Date Night"  
6:00-9:00p.m. Dinner for  
two in the RTG, Steak and  
Shrimp accompanied with  
two games and shoes for  
\$30.00

**Tuesday night**  
"Guys Night"  
\$2.50 a game, (shoes for  
\$2.50) and with this receipt  
25% off any burger on the  
menu!

**Wednesday Night**  
"Ladies Night Out"  
\$2.50 a game, (shoes for  
\$2.50) with this receipt 25%  
off any appetizer or salad  
on the menu!

**Thursday Night**  
"Buddy Night"  
From 4:00 too 11:00 for  
every person who buys one  
game gets the second  
game free!

**Friday and  
Saturday night**  
"Cosmic Glow  
Bowl"  
From 9:30 to close on Friday  
and on Saturday night from  
8:00 p.m. to close, under  
the black lights bowl with  
the Red Pin and see if you  
get the chance to Spin the  
Wheel and win prizes and  
SO MUCH MORE!

**Sunday Practice  
Special**  
11:00 to 4:00 p.m. \$10.00  
(per person) all you can  
bowl for up to two hours.  
Five people maximum a  
lane and shoes are included.

**Saturday and  
Sunday "Report  
Card Special"**  
Saturdays and Sundays  
from 11:00 to 4:00 if you  
are a student with either a  
valid Student I.D or a  
current report card you can  
get \$2.00 games!! (shoes  
not included)

**For information call 970-563-1707**  
These prices do not apply to any other discounts or offers!

**pepsi.**



# Notices

Wi-CHOO pu-ah-gut (14)

December 16, 2011



Gift Certificates Available



Soul Goods  
"goods for body & soul"

Paranormal Research & Investigation

"How do you see your courageous leap into the new?"

★ **Intuitive Tarot Card Readings** ★

"Our Sorrow and Wounds will only heal when touched by compassion."

★ **Reiki Energy Work** ★

"For Self is a sea, boundless and immeasurable."

★ **Astrological Consultation** ★

For Appointment or Consultation call: 970-563-9359

www.soulgoods.com

Want to get involved in your community?

The Board of County Commissioners invites all members of the community to apply for a vacancy on the following committee:

**Planning Commission**

This position is advisory only and is not monetarily compensated, however, reasonable mileage expenses will be reimbursed. Please check the county website for specific board requirements. An application and a description may be obtained online at [www.co.laplata.co.us](http://www.co.laplata.co.us) on the home page or from the La Plata County Courthouse Information Center, 1060 East Second Avenue, Durango, CO. Applications must be returned by January 13, 2012. For additional information contact Jan Mayer-Gawlik at 382-6219.



## Requests for proposals

### BEAVER CREEK II STABILIZATION AND REPAIR IMPROVEMENT PROJECT SOUTHERN UTE INDIAN TRIBE

Notice is hereby given that the Southern Ute Indian Tribe Environmental Programs Division is soliciting proposals for design and construction for stream bank restoration on Beaver Creek, northeast of Ignacio Colorado. Interested parties should submit three (3) copies of the proposal to the Southern Ute Indian Tribe, Environmental Programs Division, Attention: Pete Nylander, 116 Mouache Drive, P.O. Box 737, Ignacio, CO 81137, by close of business, January 6, 2012. Project specifications and a complete RFP are available at the above address. All interested parties must attend a mandatory site visit to the project site on December 1, 2011 at 10 am. The deadline for proposal submittal is January 6, 2012. Please refer all questions regarding this proposal to Pete Nylander, 970-563-0135 x 2214. The Southern Ute Indian Tribe's TERO code has established a preference for contracting and sub-

contracting to certified Indian owned businesses. A bid preference of 5% will be given to any qualified Native American owned company. To receive this preference, Native American owned businesses must be certified by the Southern Ute Indian Tribe's TERO. Any Native American owned business not certified by the due date will not be given a preference. For information on certification, contact the TERO office at 970-563-0117. The Southern Ute Indian Tribe, Environmental Programs Division will award this project to the successful bidder on January 27, 2012 pending approval from the Southern Ute Tribal Council. The Southern Ute Indian Tribe reserves the right to reject any and all proposals, to waive any informalities and minor irregularities in proposals, and to accept the proposal deemed, by the Tribe, to be in the best interest of the Tribe.



## Restaurants

**Julie's El Amigo**  
970-563-9998, 355 Goddard Ave., jquintana1952@yahoo.com, 11a-8p  
"Mexican & American food"

## Retail

**Classy Seconds**  
970-563-1230  
645 Goddard Ave.  
classysecondsangela@gmail.com  
M-F 9a-5p

**Pine River Enterprises**  
970-563-9286  
1817 Hwy. 151  
M-F 7:30a-5p  
"Selling tires and farm and ranch goods"

**Marcella's Gifts**  
970-563-0266  
355 Goddard Ave.  
diamondlady@frontier.net  
Tu-Sa 10a-5:30p; Su appt

**Pinon Liquors**  
970-563-4083  
125 Goddard Ave.  
M-Th 10a-11p; F-Sa 10a-12a; Su 10a-10p  
"Everyday low prices; drive-up window; good wine selection; coldest beer"

## Services

**Ignacio Community Library**  
970-563-9287  
470 Goddard Ave.  
www.ignaciolibrary.org  
M-Th 9a-7p; F 9a-5p; Sa 9a-4p  
"A cool place to check out"

**Photocopier Service/Copy Shop**  
970-884-2311  
1327 U.S. Hwy 160B Ste. F  
M-F 9a-4p  
"Copies, inks, toners, imaging supplies on all makes office equipment"

**Paco Glass Inc.**  
970-563-4074  
950 1/2 Goddard Ave.  
"Summertime is coming; keep the bugs out and get your screens done early"

**Pine River Times**  
970-884-2331  
110 E. Mill St.  
www.pinerivertimes.com  
"The heart of the Pine River Valley"

To advertise in the Ignacio Business directory, contact Ignacio Floral & Gifts at 970-563-4070 or The Southern Ute Drum at 970-563-0118.

## SunUte Community Center Christmas Holiday Hours

Friday, December 23rd - 6:00am-5:00pm  
Saturday, December 24th - CLOSED  
Sunday, December 25th - CLOSED  
Monday, December 26th - CLOSED

SunUte will resume normal business hours on Tuesday, December 27th at 6:00am.



**SunUte Community Center**  
For more information, please call us at 970-563-0214.

## This space is reserved for you!

### Advertise with the Southern Ute Drum

## 970-563-0118

sudrum@southern-ute.nsn.us

### We need your input for the SUT Hazard Mitigation Plan

**What is hazard mitigation planning?**  
Hazard mitigation planning is the process of determining how to reduce or eliminate the loss of life and property resulting from natural hazards. As a first step in this process we are trying to gather information and opinions from Southern Ute Tribe members about natural hazards including fire, landslide, windstorms, earthquakes, floods and other natural events that could cause a loss to life and property.

**What can you do?**  
Please take a few minutes and share your knowledge and the knowledge of your family members about the history of fire, flood, drought and other events that have happened on the SUT reservation.

**You can record your knowledge and opinions in two ways:** If you have access to a computer, go to [www.surveymonkey.com/s/SUIT\\_Hazards](http://www.surveymonkey.com/s/SUIT_Hazards) or, fill out the form below and return to the address indicated on the form.

Results will be presented on Jan. 26 from 11 a.m. to 1 p.m. in Buckskin Charlie Room (second floor) of the Leonard C. Burch Building. Tribal Members are invited to attend this lunch meeting to learn more about the Hazard Mitigation planning process.

#### Southern Ute Hazard Mitigation Survey

Please note throughout this survey only consider hazards affecting the lands within the exterior of boundaries of the SUT Reservation

1) Are you a Southern Ute Tribal Member (circle one): Yes No

2) Please mark your overall concern for the following hazards. Mark one box for each hazard type.

	Extremely	Concerned	Slightly	Not
Wildfire	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Avalanche	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drought	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Expansive Soils	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
(Expansive soils are soils that contain water-absorbing minerals. These soils expand as they take in water. Expansive soils can cause damage to buildings and other structures due to the force they exert as they expand.)				
Extreme Heat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hail	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Land Subsidence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
(Land subsidence is the shifting of soil; most commonly known as sinkholes. Shifting soils can be caused by mining and oil and gas production.)				
Flood	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Earthquake	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dam Failure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tornado/	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Windstorm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Winter Weather	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3) For the hazards that you marked Concerned or Extremely Concerned please briefly describe the nature of your concern (economic, public health/safety, infrastructure, cultural sites/artifacts, etc.)

	Extremely	Concerned	Slightly	Not
Wildfire	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Avalanche	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drought	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Expansive Soils	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Extreme Heat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hail	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Land Subsidence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Flood	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Earthquake	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dam Failure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tornado/	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Windstorm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Winter Weather	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Month/year	Location	Details
Wildfire			
Avalanche			
Drought			
Expansive Soils			
Extreme Heat			
Hail			
Land Subsidence			
Flood			
Earthquake			
Dam Failure			
Tornado/			
Windstorm			
Winter Weather			
Other			

Survey needs to be returned by Jan. 13, 2012.

**Please return this completed survey to:**  
Risk Management Division  
Tribal Administration Building  
356 Ouray Drive  
Ignacio, CO 81137

**Or send to:**  
Southern Ute Indian Tribe  
Risk Management Division  
PO Box 737  
Ignacio, CO 81137



### SOUTHERN UTE INDIAN TRIBE Powwow Committee vacancy

The Southern Ute Indian Tribe has four Powwow Committee Member vacancies. Must be an enrolled Southern Ute Tribal Members or a Native American community member. Members serve on a voluntary basis. The responsibility of the Southern Ute Indian Powwow Committee is to promote the traditions and culture of the Southern Ute Indian Tribe through powwows. All interests individuals are urged to submit a letter of intent to Personnel Department in the Leonard C. Burch Tribal Administration Building.

### SOUTHERN UTE INDIAN TRIBE, ETHICS OFFICE Ethics Hearing Officer

The Department of Justice and Regulatory, Ethics Office is seeking qualified applicants to serve as an Ethics Hearing Officer for the Ethics Commission. This position will be a contract position and paid on an "as needed" basis only. Compensation is negotiable. The qualified applicant must be law trained and have some experience in practicing in an Administrative Hearing or trial setting. More than one Hearing Officer may be required to account for potential conflicts of interest. Please submit a letter of interest and qualifications to Mr. Charley Flagg, Director, Southern Ute Indian Tribe, Department of Justice and Regulatory, PO Box 737, Ignacio, CO 81137 or call for any questions at 970-563-0292. Deadline for submission is Jan. 18, 2012.

### SOUTHERN UTE INDIAN TRIBE, SOCIAL SERVICES Citizen Review Panel

The Southern Ute Indian Tribe is seeking five (5) Southern Ute Tribal Members to serve on the Citizen Review Panel. The Panel reviews complaints arising from and related to cases handled by the Tribe's Division of Social Services and engages in a conflict resolution process. Panel members shall receive compensation at the rate of \$25 per hour for service on the Panel. Applicants must be at least eighteen (18) years of age or older; have demonstrable personal or professional knowledge and experience with children and/or adult protection; have no convictions for crimes of violence or involving a child victim; is not party to litigation involving the Division, or has had an active welfare case within two years; is not a Division employee. All applicants will be subject to a background investigation. Tribal members interested in serving on the Citizen Review Panel can turn in a letter of intent at the Human Resources Office by 5 p.m., May 10, 2011. The letter should provide specific evidence of his/her qualifications. For detailed information about this volunteer position call Human Resources at 970-563-0100 Ext. 2424.

### SOUTHERN UTE INDIAN TRIBE, WILDLIFE DIVISION Wildlife Advisory Board vacancies

The Tribe is seeking enrolled SUIT members wishing to fill TWO vacant seats on the Tribal Member Wildlife Advisory Board. One of the vacancies is for the remaining 2 years of a 3-year seat on the Board, while the second vacancy is for a 1-year, Youth-Only seat. The Youth seat may only be filled by a Tribal Member between the ages of 14 and 18. This 8-member Board works closely with the Wildlife Division in planning and recommending actions related to Tribal hunting and fishing programs. Board members not already employed by the Tribe are eligible for \$20/hr compensation for meeting attendance. Meetings are held several times throughout the year, and a commitment to attend and participate in all meetings is expected. Interested tribal members must submit a brief letter of interest to the Southern Ute Wildlife Division at P.O. Box 737, Ignacio CO, 81137. For more information, please contact the Wildlife Division at 970-563-0130. Letters of interest will be accepted through Friday, Feb. 17, 2011.

#### RSBP Marketing Coordinator

Job description: [www.fourcore.org](http://www.fourcore.org). Please no phone calls. Apply by 5 p.m. Dec. 18 to [wx@fourcore.org](mailto:wx@fourcore.org)

## NEW EMPLOYEES



#### Danielle Romero

Job title: Front desk/mail clerk

Description of duties: Answering phones and doing the mail runs.

Hobbies: Spending time with family, laughing and playing volleyball.

Tribe: Southern Ute

#### Chuck Atwood

Job title: Building maintenance HVAC technician

Description of duties: Maintain and repairs tribal building HVAC systems for safe and reliable operations and comfort levels.

Hobbies: Enjoy any opportunity outdoors in the great area we live; hiking, biking, fishing, hunting and camping.

Family: Wife (Noreen) of 37 years, two boys and one angel of a grand-daughter of 3 years.



#### Carey DeLong

Job title: Office manager, ALP

Description of duties: Managing the Animas-La Plata Water project office.

Hobbies: Skiing, cycling, camping and art.

Family: Husband and best buddy, William Lynn Coffin.



### Southern Ute Indian Tribe

Please refer to the complete job announcement and qualifications at [www.southern-ute.nsn.us/jobs](http://www.southern-ute.nsn.us/jobs) or at the Human Resources Department

P.O. Box 737 • Ignacio, CO 81137 • Phone: 970-563-0100 • Fax: 970-563-0396 • Hotline: 970-563-4777  
\*Human Resources accepts applications for Temporary Employment on an on-going basis.

#### Air Quality Technical Manager

Open until filled

Under general supervision of the Air Quality Program Manager, coordinates, supervises and conducts technical and regulatory tasks within the Enforcement Section of the Tribal Air Quality Program. Pay Grade 23.

#### Boys & Girls Club Chief Professional Officer

Closing date 12/30/11

Responsible for the direction and oversight of a broad range of programs within the Boys & Girls Club (BGC) including: Education, Special Education, Social Recreation, Arts & Crafts and Physical Education. Plans, develops, and oversees implementation and supervision of programs, staff and grant management. This position is a Grade 22.

#### Boys & Girls Club Program Specialist

Closing date 12/30/11

Plans, implements, supervises and evaluates activities provided within the Boys & Girls Club (BGC) program and assists with grant reporting requirements. This position is a Grade 20.

#### Associate Judge

Closing date 12/30/11

Responsible for hearing criminal, civil, traffic, juvenile delinquency, dependency and neglect, domestic, probate, protective custody cases, wellness court cases and all other matters arising under tribal or other applicable law, as assigned by the Chief Judge. This position is a grade 25 Law trained or a grade 24 Lay trained.

#### Building Maintenance Technician

Closing date 12/16/11

Provides maintenance support, troubleshooting and preventative maintenance, including correcting safety hazards, in the Southern Ute Indian Tribe buildings and building systems. Pay Grade 16.

#### Social Services Caseworker II

Closing date 12/16/11

This is an advanced level position that requires knowledge of the theories, principles, and concepts of social casework practice (assessment and treatment oriented) related to all of the assigned program areas. This position is a Grade 20.

Help in filling out online applications is available at the Human Resources office. Another way to find out about job opportunities 24 hours a day, seven days a week, is our JOB HOTLINE! The HOTLINE is updated weekly and lists the job title and closing date for both Permanent Fund and Growth Fund positions.

### Southern Ute Growth Fund

Obtain complete job descriptions and applications from the Growth Fund Human Resources, 14933 Hwy. 172 • P.O. Box 367 • Ignacio, CO • 970-563-5064 • [rtaylor@sugf.com](mailto:rtaylor@sugf.com)

*Tribal Member Employment Preference, Must Pass Pre-employment Drug Test & Criminal History.*

#### Business Systems Analyst

Closing date 12/19/11 – Red Willow Production Co. Ignacio, CO. This position leads business system analysis, support, and use of Red Willow's integrated oil and gas business software.

#### Materials Manager

Closing date 1/3/12 – Red Willow Production Co. Ignacio, CO. Responsible for the management of a centralized Materials Function for all operated projects with a focus on procurement and inventory optimization.

# 2012 Happy New Year

## Sunday, January 1st 2012

10:00am - 2:00pm

(pool closing at 2:00pm)

## Monday, January 2nd

8:00 am - 5:00pm

(pool closing at 4:30pm)

*We will resume normal business hours  
Tuesday, January 3rd at 6:00am.*



**SunUte Community Center**

For more information, please call us  
at 970-563-0214.

### Southern Ute tribal office closures

#### Christmas

Monday, Dec. 26,  
offices will reopen  
Tuesday, Dec. 27

#### New Years

Monday, Jan. 2, 2012,  
offices will reopen  
Tuesday, Jan. 3

*Have a safe  
and  
happy holiday  
season!*

### SUIT Environmental Programs

**is offering free home radon  
testing to Tribal Members.**

**Please call Peter Diethrich**

**for more information or to  
schedule an appointment.**

**Priority to Elders and those  
with infants in their homes.**

**563-0135 x2238**

**[pdieth@southern-ute.nsn.us](mailto:pdieth@southern-ute.nsn.us)**

## Community Business Section

**PAGOSA SMILES**  
Drs. Glenn & Jordan Rutherford

**731-DOCS (3627)**  
**Look for Our Valuable Coupon @ PagosaSmiles.com**

*"As a retired H.S. teacher, I give you an A+" - Joe Granits*

- Affordable Implants
- Invisible Braces
- Sedation for Anxiety
- We Love Kids
- Digital X-Rays for 85% Less Radiation
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Durango, CO 81303

### Advertise with us!

The Drum is read by 1,700 people per issue!

Call 970-563-0118 for rates!

We are also online at the addresses below.

Drum Web: [southern-ute.nsn.us/drum](http://southern-ute.nsn.us/drum) • Drum Email: [sudrum@southern-ute.nsn.us](mailto:sudrum@southern-ute.nsn.us)



Newton elected 14th Southern Ute chairman; GoodTracks, Torres to join council • from page 1

make a decision next week. Newton made up his vote deficit from the general election and then some to win the Wednesday, Dec. 14 runoff election. After coming in second in the Friday, Nov. 4 general election with 32.5 percent of the vote to incumbent Casias' 37.4 percent, he made a much stronger showing in the runoff. According to official numbers, he claimed 57.4 percent of votes

cast for chairman, surpassing Casias' 42.6-percent share. Casias, who was present on election night as the votes were tallied, said she was grateful to the support she felt from tribal members during her time in office. "I want to thank each and every one of them for their trust and support. I wish them well," said Casias, who made history in April by becoming the tribe's first female chairman. "It was a

good race." Though GoodTracks maintained a handy lead throughout the night, ending up with 32.6 percent of votes, the race for the second council seat was much tighter. Torres finally claimed victory with 24 percent, edging Cloud (22.3 percent) and Vida B. Peabody (21 percent). "I was honored and deeply grateful for those who supported me," GoodTracks said after her inauguration. "The amount of support I received I had not anticipated."

She pledged to represent the tribal membership as a whole, not just those who are most vocal. "I will particularly be paying attention to the wellbeing of tribal families, because families are the foundation of each and every one of us," she said.

Torres likewise said he didn't think before the election that he'd make it as far as he did. He said the council members have good chemistry and a history of working well together — something to which he is eager to contribute.

"We all know how to work together," he said. "That's one of the big things that tribal members wanted: a unified council. And that's a start."

Cloud wished the new council members luck, saying it's a hard job.

"People voted. It's however the Creator wanted it," he said.



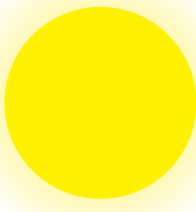
photos Jeremy Wade Shockley/SU DRUM

The Southern Ute Indian Tribal Council is back to full strength with the addition of Chairman Jimmy R. Newton Jr. and members Pathimi GoodTracks and Aaron V. Torres on Thursday, Dec. 15. Ute Mountain Ute Chairman Gary Hayes (above) welcomes the new members; Ian Thompson of drum group 12 Gauge (below) shares some thoughts with the council; Elaine Newton (left), mother of the new chairman, expresses pride in her son's accomplishments.



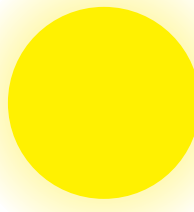
Local Ignacio Weather

Friday, Dec. 16



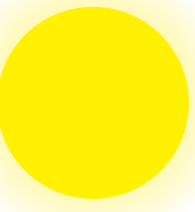
Mostly sunny, High 39 °F

Saturday, Dec. 17



Mostly sunny, High 42 °F

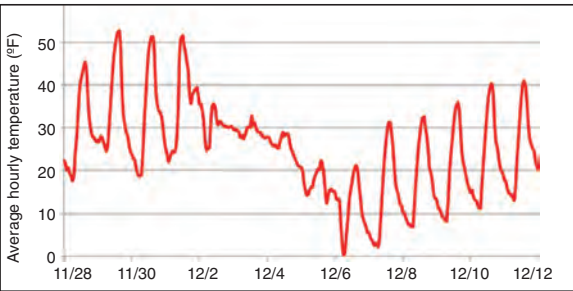
Sunday, Dec. 18



Mostly sunny, High 42 °F

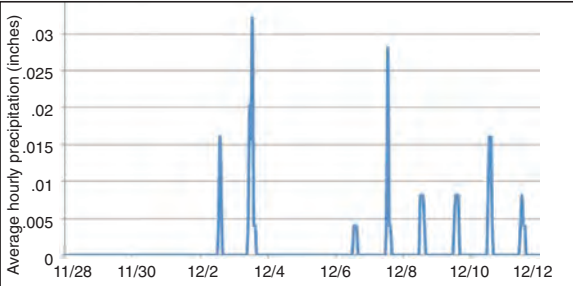


Weather data for November 28 – December 12



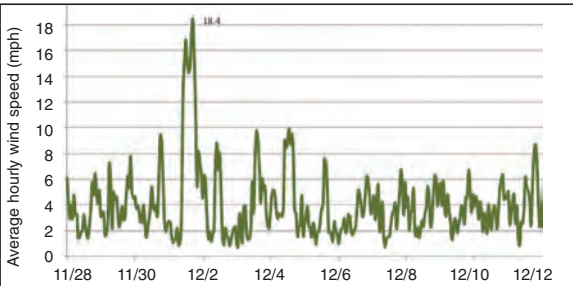
Temperature

High 52.6°F  
Low 0.3°F  
Average 24.8°F  
Average last year 29.7°F



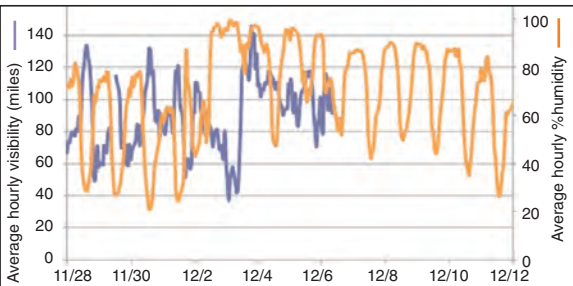
Precipitation

Total 0.28 inches  
Total last year 0.09 inches



Wind speed

Average 4.0 mph  
Minimum 0.7 mph  
Maximum 18.4 mph



Visibility & humidity

Avg. visibility 90.8 miles  
Avg. humidity 68.9%

Air quality  
Good

Data compiled by Southern Ute Environmental Programs

Weather forecasts collected from www.NOAA.gov

AT SKY UTE CASINO RESORT

# Christmas Day Buffet

Sunday, December 25, 2011  
11:00 a.m. - 6:00 p.m.  
Adults \$18.95  
Kids \$10.95

**Entrees:**  
Roast Pork Loin Stuffed with Brandied Apples  
Shrimp & Scallop Pomodoro  
Breast of Chicken Maderia  
Tamales with Christmas Chili  
Crab Cakes and Smoked Red Pepper & Pineapple Salsa  
Slicked Turkey with all the Trimmings  
Filet of Sole Wrap with Seafood & Lobster Sauce

**Salads:**  
Ambrosia  
Diced Caprese  
Thai-Chicken Salad

**Desserts:**  
Chocolate Mousse  
Egg Nog Bread Pudding  
Fresh Strawberry Tarts  
Assorted Cakes & Pies

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www.skyutecasino.com